**Goal Setting**

Choosing the Right Goal

Adapted from <http://www.achieve-goal-setting-success.com/index.html>

**Part I**: Get the ‘Big’ picture.

What is your life’s outcome? How do you want to be remembered? What would your life be like if it was perfect in every way?

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**Part II**: What do you really want?

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**Part III**: What can you really achieve?

* What opportunities are best for you to pursue?

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* What internal strengths you can use to enhance your pursuit of these opportunities?

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* What obstacles do you need to overcome?

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* What strengths you can use to overcome these obstacles?

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* What strengths you should consider making stronger to further enhance your ability to pursue your goals?

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* What weaknesses do you need to improve on, or manage, so that they don’t impede your goal setting?

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**Part 4: Make your Goal SMARTer**

S- Specific Complete the following sentence: my goal is to:

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M- Measurable How will you measure this goal? How will you start measuring and how will you end?

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A- Action-Oriented Identify the steps you need to complete your goal.

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R- Reasoned and Realistic Complete the sentence: I want to achieve this goal because… Make sure this is realistic.

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T- Time-bound Identify how long it will take to complete each step of your action plan and set a deadline.

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E- Ethical and Enjoyable

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R- Resourced Time, money, information, support needed to achieve your goal.

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**Part 5:** Commit to the goal

See if you believe in what you have written.

Goal

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* Am I really committed to undertaking the actions I have prepared?

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* Am I really committed to achieving the action items within the timeframe I have set?

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* Am I convinced that this is what I really want?

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* Am I excited about the outcome from this goal?

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* Am I prepared to allocate the resources and make the sacrifices I have identified?

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* Am I actually going to do it?

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